



Sustaining Your Spark!

Positive Youth Development Conference 2026

 **HELEN EIMERS**
SUCCESS COACH

Many Roles. One Heart



Positive Experiences



Positive Relationships



Positive Environments

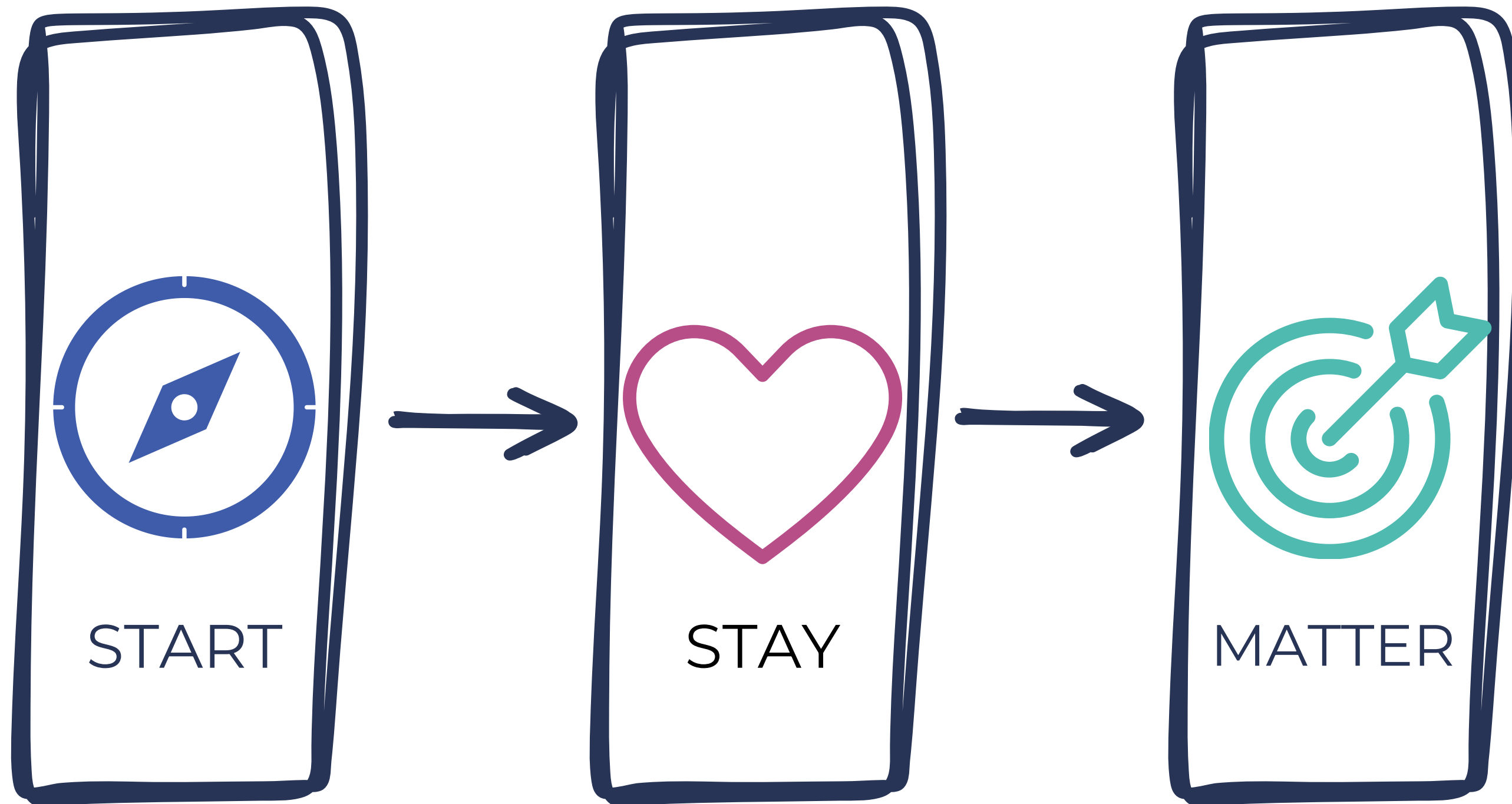


The Invisible Load



You are the Environment

Let's Remember



First Person Prep

How do you
ACTIVATE?

Activate Your Spark!

-  Regulation
-  Identity
-  Presence



Make it Feel Good!

One Small Shift



Thriving



Overflowing

You are the Environment



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